

January 2004

Professional Counseling-Family Services

FFSC CLASS/EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
			1 HOLIDAY	2
5 Executive TAP PM 8-4pm 24/7-(Parenting Skills) PH 6-7:30pm	6 Executive TAP PM 8-4pm Playgroup PM Chapel 9-11am	7 PFM PH 7:30-4pm Executive TAP PM 8-4pm	8 Executive TAP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Stress Mgmt:: Guided Visualization PH 5:30-7pm	9
12 24/7-(Parenting Skills) PH 6-7:30pm	13 Playgroup PM Chapel 9-11am Interview Skills/Dress PM 1-3pm	14 Baby Shower 6-8pm PM	15 Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PH 1-3pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Home Buying PH 6-8pm	16 Saturday, 17 Jan “Super Saturday” all day Birth Basics 9-5pm-PH
19 HOLIDAY	20 Playgroup PM Chapel 9-11am	21 Base Indoc PH 7:30-4pm PFM PH 7:30-4pm Special Needs 6-7:30pm PM	22 Base Indoc PH 7:30-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PM 1-3pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Boot Camp for Dads 6-9pm PH	23
26 TAP PH 8-4pm 24/7-(Parenting Skills) PH 6-7:30pm	27 TAP PH 8-4 pm Playgroup PM Chapel 9-11am Ombudsman Monthly Training PH 6-8pm	28 TAP PH 8-4 pm Special Interest Parenting PH 4-5pm	29 TAP PH 8-4 pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Debt & Credit Reports PH 6-8pm	30
				Legend: PH – Port Hueneme Site PM – Point Mugu Site

February 2004

Transition Assistance Program

FFSC CLASS/EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
				1
2 Executive TAP PH 8-4pm 24/7- (Parenting Skills) PH 6-7:30PM	3 Executive TAP PH 8-4pm Play Group PM Chapel 9-11am Stress Management PM 2-3:30pm	4 PFM PH 7:30-4pm Executive TAP PH 8-4pm Infant Massage 6-7:30pm PH	5 Executive TAP PH 8-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Debt & Credit Reports PM 2-4pm Parenting & Step Parenting Skills PM 4-5:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm	6
9 CFS PM 7:30-4pm	10 CFS PM 7:30-4pm Play Group PM Chapel 9-11am Interview Skills/Dress PH 1-3pm Stress Management PM 2-3:30pm	11 CFS PM 7:30-4pm Base Indoc PM 7:30-4pm Infant Massage 6-7:30pm PH	12 CFS PM 7:30-4pm Base Indoc PM 7:30-4pm Anger Management PM 9-11am Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PH 1-3pm Stress Mgmt : Guided Visualization PH 5:30-7pm	13 CFS PM 7:30-4pm Base Indoc PM 7:30-4pm
16 HOLIDAY	17 Play Group PM Chapel 9-11am Interview Skills/Dress PM 1-3pm Stress Management PM 2-3:30pm	18 PFM PH 7:30-4pm CACO Training PH 1300 Special Needs 6-7:30pm PM	19 Play Group PH Chapel 11-12pm Resume Prep PM 1-3pm Divorce Support Group PH 11:30-12:30pm Home Buying PM 6-8pm Stress Mgmt:: Guided Visualization PH 5:30-7pm	20
23 TAP PM 8-4pm Birth Basics PH 6-8pm	24 TAP PM 8-4pm Play Group PM Chapel 9-11am Stress Management PM 2-3:30pm Anger Management PH 4-6pm Ombudsman Monthly Training PH 6-8pm	25 TAP PM 8-4pm CFS Course- Session. 1, 8-12pm, Session 2, 1-4pm PH Special Interest Parenting PH 4-5pm Baby Smarts 6-7:30pm PH	26 TAP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Group PH 11:30-12:30pm Stress Mgmt: Guided Visualization PH 5:30-7pm Car Buying 6-8pm PH	27 Legend: PH – Port Hueneme Site PM – Point Mugu Site

March 2004

Personal Financial – TSP Management

FFSC CLASS/EVENTS CALENDAR

Monday	Tuesday	Wednesday	Thursday	Friday
1 CONSEP PM 8-4pm Birth Basics PH 6-8:30pm	2 CONSEP PM 8-4pm Play Group PM Chapel 9-11am Anger Management PH 4-6pm	3 CONSEP PM 8-4pm Baby Smarts 6-7:30pm PH Getting Organized PH 4-5:30pm	4 CONSEP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Couple's Communication PM 4-6pm Stress Mgmt : Guided Visualization PH 5:30-7pm	5
8 Executive TAP PM 8-4pm Birth Basics PH 6-8:30pm	9 Executive TAP PM 8-4pm Play Group PM Chapel 9-11am Anger Management PH 4-6pm	10 Base Indoc PH 7:30-4pm PFM PH 7:30-4pm Executive TAP PM 8-4pm Getting Organized PH 4-5:30pm Baby Smarts 6-7:30pm PH	11 Base Indoc PM 7:30-4pm Executive TAP PM 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Couple's Communication PM 4-6pm Stress Mgmt : Guided Visualization PH 5:30-7pm	12 Base Indoc PM 7:30-4pm
15 Birth Basics PH 6-8:30pm	16 Play Group PM Chapel 9-11am Anger Management PH 4-6pm	17 Interview Skills/Dress PM 1-3pm Getting Organized PH 4-5:30pm Special Needs 6-7:30pm PM	18 Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Resume Prep PH 1-3pm Couple's Communication PM 4-6 pm Stress Mgmt: Guided Visualization PH 5:30-7pm Home Buying PH 6-8pm Boot Camp for Dads PM 6-9pm	19
22 TAP PH 8-4pm Birth Basics PH 6-8:30pm	23 TAP PH 8-4pm Play Group PM Chapel 9-11am Anger Management PH 4-6pm	24 PFM PH 7:30-4pm TAP PH 8-4pm Special Interest Parenting PH 4-5pm Baby Shower 6-8pm PH	25 TAP PH 8-4pm Play Group PH Chapel 11-12pm Divorce Support Grp PH 11:30-12:30pm Couple's Communication PM 4-6 pm Stress Mgmt: Guided Visualization PH 5:30-7pm	26
29 Interview Skills/Dress PH 1-3pm Birth Basics PH 6-8:30pm	30 Play Group PM Chapel 9-11am Resume Prep PM 1-3pm Ombudsman Monthly Training PH 6-8pm	31 TRACC Meeting PM 1-4pm		

Legend:
PH – Port Hueneme Site
PM – Point Mugu Site